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### Can You Handle the Truth???

In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of August.

### JOKE of the Month

Q: Why did the Pharaoh go to the dentist?  
A: Egypt his tooth.



## ZOOM!

Professional Whitening System

# winter white sale

With winter right around the corner what better way to warm up than with a bright, white winter smile!

We are pleased to offer **\$50 Off Zoom Whitening!**  
Tell your friends and family!

Please contact our office at **(248) 457-5574** to schedule your appointment.

February 2022



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# Take Steps Toward a Healthier Lifestyle

There isn't a better time than now to start getting fit with health information and products so easily accessible. Simply incorporate the basics into your daily routine – good nutrition, adequate exercise and a daily supplement – and start down the path toward better health

#### Plan a Nutritious Diet

The Dietary Guidelines for Americans describes a healthy diet as one that emphasizes fruits, vegetables, lean meats, poultry, fish, beans, eggs, nuts, whole grains and fat-free or low-fat milk products. It should be low in saturated fat, trans fat, cholesterol, salt and added sugar.

- Eat more fruits and vegetables by setting freshly washed and prepared produce on the kitchen counter or at eye level in the fridge. At every meal, make sure half your plate is made up of fruit and vegetable servings.
- One-fourth of your plate at every meal should be made up of grains, such as wheat, rice, oats, cornmeal or barley. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.
- The remaining one-fourth of your plate should be lean or low-fat cuts of meat, plant-based protein or seafood.

#### Get Regular Exercise

The Department of Health and Human Services recommends an adequate amount of exercise every day. This guide can point to the right amount of exercise to add to your schedule:

- Get at least 150 minutes of moderate aerobic activity every week. For best results, spread the time out over several days.

• Do strength training exercises at least twice a week. Lifting weights builds muscle, which means the body burns more calories – even at rest.

• It's important to keep in mind that when people are active, they produce more free radicals. The antioxidants found in supplements can help buffer the negative effects of the workout.

Improving your diet, exercising regularly, taking a daily supplement and getting enough restorative sleep are all important steps to overall wellness. Work to incorporate each step into your daily routine until you reach your goal of good health.



# Tips, Tricks & Trends

## 5 Tips for Organizing Your Home Office

It's a new year and making sense of a year's worth of paperwork and clutter can take some serious time, especially as many people have been working from home more than normal. Getting organized can help you tackle home management tasks more efficiently. Making the office a priority can reduce frustration when it comes to spending additional time in your office while working from home.

### These five tips can help get you started:

- 1. Make sure you have furniture** that can adequately store your stuff, including plenty of space for files, reference books and computer equipment. Pieces need not be costly to be functional and there are plenty of attractive options available online and at both small and major retailers.
- 2. Arrange the space** with its intended use and your own work style in mind. For example, if you don't need ample space to spread out over a large, flat work area, eliminate that space—it's simply an invitation for clutter.
- 3. Place items you rely on frequently**, such as a calculator or ruler, within arm's reach so they can easily be put away between uses. Capture these items in containers and bins to keep the space looking neat and free of clutter.
- 4. Establish a filing system** that lets you keep track of important papers you need to keep and have a shredder handy to help you discard any sensitive documents. Whether you alphabetize, color code or use some other method, group paperwork into segments for categories such as bills, banking, health care, auto, insurance and so on for easy access in the future.
- 5. Tangled cords** can make even the most organized spaces look messy, and they may pose a fire or tripping hazard. Get control of your cords by storing devices you don't use regularly and securing the remaining cords with twist ties or clips. Remember to use a surge-protected power strip to minimize the chance of damage should a power surge occur.



## Fun Facts

### That'll Astound Your Friends

- Crows often hold grudges against specific people. Crows are excellent at recognizing people's faces and are able to remember people for a long time! This can be either a negative or positive fact, depending on how nice you are to them.
- Cherophobia is the irrational fear of fun or happiness. Do you hate all things fun? You might have Cherophobia! People with this phobia tend to avoid any kind of situation that others might classify as fun or joyful.
- If you lift a kangaroo's tail off the ground, it can't hop.
- During your lifetime, you will produce enough saliva to fill 50 bathtubs!
- Only 5% of the ocean has been explored. The ocean covers around 70% of the Earth's surface, and it is much harder to explore than land.

## How to Deal With a Dental Emergency

Got a cracked tooth or a cut in your mouth? It could require immediate dental care. Find out what to do in these 11 dental emergencies.

Like cavities and gum disease, many dental problems develop gradually after months (or years!) of dental-health neglect. But sometimes, pain or sensitivity in your teeth can come on suddenly, and you may need immediate dental care, either at the emergency room or from your dentist. It's not always easy to know whether a tooth, gum, or mouth problem requires emergency care - or what to do about it.

Think your mouth issue is a dental health 911? Here's a handy guide to situations that are generally considered dental emergencies:

- **Lip or tongue bite with excessive bleeding.** If you accidentally bite your lip, tongue, or other soft tissue in your mouth, clean the area and apply a cold compress to decrease swelling. If the bleeding is severe, or will not stop, go to the emergency room.
- **Broken or cracked tooth.** In the case of a broken or cracked tooth, call your dentist immediately. Until you can get to your dentist's office, rinse your mouth with warm water and apply a cold compress outside the affected area.
- **Damaged braces.** If your braces become damaged, call your orthodontist right away. Some instances of damaged braces need to be fixed immediately; others can wait until your next appointment.
- **Injury to your jaw.** If you suspect you may have broken your jaw, apply a cold compress to the area and immediately go to your dentist's office or to the emergency room.
- **Loose tooth.** If one of your teeth is partially dislodged, see your dentist right away — they may be able to save the tooth. Until you can get to your dentist's office, take an over-the-counter pain reliever and apply a cold compress to the affected area to relieve pain.
- **Tooth that has been knocked out.** Grasp your lost tooth by the crown and rinse its root if it is dirty, avoiding scrubbing the tooth or removing pieces of tissue that may be attached. You can attempt to reinsert the tooth into its socket in your mouth,

but if that doesn't work, you'll need to see your dentist quickly. The American Dental Association recommends placing the tooth in milk, which acts as a preservative until you can get to a professional.

- **Lost filling or crown.** When one of your fillings or crowns falls out, put the filling or crown in a safe place and call your dentist to make an appointment. Applying clove oil to the sensitive areas in your mouth and dental cement from the drug store on your tooth's surface can help decrease sensitivity, but check with your dentist before doing these things.
- **Object lodged between your teeth.** If something gets stuck between your teeth, try to gently remove it with dental floss. If the object still won't come out, call your dentist. Depending on the situation, he or she may want to see you quickly.
- **Painful swelling.** Call your dentist to schedule an appointment if you have painful swelling in your mouth, as you may have an abscess, an infected pocket of pus that can lead to a serious systemic infection. Until you can see your dentist, try rinsing your mouth with saltwater to relieve the pain and pressure.
- **Pericoronitis.** This is an infection that occurs when your wisdom teeth don't come into your mouth properly. If you experience symptoms of pericoronitis, which may include swollen and irritated gums, a bad taste in your mouth, or bad breath, or you are not able to fully open your mouth, see your dentist as soon as you can.
- **Sudden or severe toothache.** If your tooth is aching, rinse out your mouth with warm water and gently floss around the tooth to make sure there is nothing lodged between your teeth. Call your dentist if your toothache does not go away.

Some dental emergencies can lead to life-threatening infections or permanent damage if not treated rapidly, so if you're in doubt, always call your dentist. The earlier you seek treatment for a dental problem, the better your chances are for a full recovery and continued dental health.

## Honey Oat Apple Crumble

This crumble is about simple baking and healthy snacking. With just six ingredients, including naturally sweet apples and liquid honey, this is a dessert or snack that satisfies both adults and kids without any refined sugar.

### Ingredients

- 6 cups (1.5 L) apples chopped into 1-inch pieces, skins on (about 6 medium apples)
- 1 tsp (5 mL) ground cinnamon
- 1/3 cup (75 mL) unsalted butter, softened
- 1/4 cup (60 mL) liquid honey
- 2 cups (500 mL) quick-cooking oats
- 1/4 tsp (1 mL) salt

### Directions

- Preheat the oven to 350°F/180°C.
- Toss the apple pieces with the cinnamon and spread them out in a greased 9 x 9 baking dish.
- In a medium mixing bowl, cream the butter and honey with a fork.
- Add the oats and salt and continue mixing with the fork until evenly combined.
- Spread the crumble topping evenly over the apples.
- Bake for 50-55 minutes until the apples are soft and the crumble is golden.
- Try your crumble on its own or with a splash of cold milk or cool, creamy yogurt.



## Life Hacks: Better, Faster, Easier Solutions to Life's Little, Everyday Problems >>>

### The High Cost of Doing Nothing

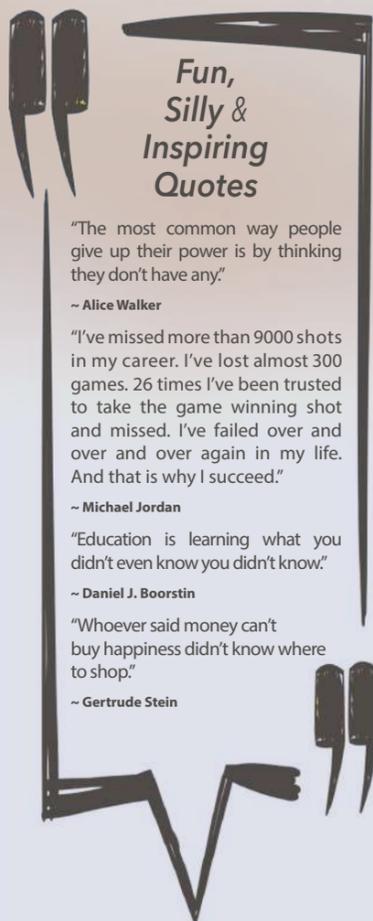
Cost is sometimes a difficult term to define. Here, we are not simply discussing cost as it relates to selling price, but rather opportunity cost. Opportunity cost can be thought of as the road not taken." Inactivity, or doing nothing, is usually the highest price paid and is often associated with great opportunity cost. Inaction is usually the worst decision one can make, made from a base of fear.

Many of us freeze when facing decisions. For some reason, decision making becomes complex, paralyzing and even painful for many people. It should not be this way. Making a decision is simply the act of choosing between alternatives. You must learn to weigh the implications of each possible decision and choose the outcome that is best for you and all others involved. For example, when your telephone bill comes due, you may choose to pay it or not. There are real obvious consequences for both actions. The situation becomes more complex however, when our human emotions enter the picture. For instance; you are offered a new job and must decide to leave your current position and move your family to a new location, hundreds of miles away.

What we often fail to realize, is that delaying important decisions or simply not making a decision at all, are actions that often impact us with the highest opportunity costs and worst case scenarios. Inactivity, or the lack of a decision, is actually a decision made, although one seldom made in our best interests. We are now positioned to be at the mercy and decision-making of others. This is not your best scenario. There are often unusually high costs associated with doing nothing.

Decision making is actually a skill set that can be learned and refined. Like all skills, entering into a new area as a novice requires practice and application in order to improve. Keep in mind that you will indeed improve! Start small, with less important decisions involving less than crucial outcomes and gradually make more decisions on matters of greater importance. Soon, you will have few if any issues with making decisions. Learn to start small and work your way up, gradually extending your comfort zone in this area. A by-product of learning these new skills is that your confidence will surely improve as well.

Decision making need not be frightening. Think of it as a process that is your own, shedding any external pressure that others may be applying. Take your time, get your facts and choose the outcome that works best for you. Do not allow yourself to fall victim to the high cost of doing nothing.



### Fun, Silly & Inspiring Quotes

"The most common way people give up their power is by thinking they don't have any."

~ Alice Walker

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

~ Michael Jordan

"Education is learning what you didn't even know you didn't know."

~ Daniel J. Boorstin

"Whoever said money can't buy happiness didn't know where to shop."

~ Gertrude Stein